

Ten Ways To Better Health

When you can't find time to exercise, just **move your body more often**. Take the stairs rather the elevator, take the dog on longer walks, and try walking to some of your neighborhood errands.

Cut out foods with a high fat content, including cheeseburgers, and all those salty deli meats. Consume dairy products in reduced fat varieties. Eat sparingly all foods with butter, mayonnaise, and sauces.

Cigarettes are hazardous to your health. Stop smoking, and warn adolescents about the false images of cigarette smoking portrayed in films.

Reduce the stress in your life. Some experts recommend meditation, which can mean walking by a lake, listening to classical music or laughing at a Marx Brothers movie. Bodywork is also essential; getting a massage, a facial, or soaking in a hot tub can literally save your life. Try and spend time with people who are relaxed and friendly.

Avoid pollution, whether it's a smoke-filled room or the car exhaust in a high-traffic area. When it's hot outside and ozone levels are high, exercise indoors.

Statistics prove that **seat belt use** can prevent loss of life and reduce injuries. "Buckle up for safety" still holds true.

Studies on people who **floss regularly** show they might just live longer. Keep your teeth in good shape, and the rest of you will follow.

Reduce alcohol intake. Excessive drinking can lead to liver and kidney problems. One or two drinks a day are plenty.

Take a positive approach to life. Smiling makes everyone feel good.

Genetics play a major role in our lives. But you can counteract any physical problems your parents may hand down by following the above tips.

—Adapted from health-fitness-tips.com

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